

Dear Campus Safety Advocates,

When it comes to creating a safe and supportive community for students, everyone has a role to play. That's why the National Crime Prevention Council (NCPC) and Young Minds Inspired (YMI) have teamed up to create **Take Care of Each Other**, a campus safety initiative, made possible by Uber, that focuses on ridesharing safety, sexual assault prevention, and personal safety both on and off campus. Creating safer communities begins with empowering students to make smart choices and to look out for each other.

To help facilitate these critical conversations surrounding safety, we have developed a free Campus Safety Toolkit that includes:

- This easy-to-use downloadable safety guide for college and university personnel involved in educating students about best practices for campus safety. The guide focuses on four topics: Ridesharing Safety, Off-Campus Safety, On-Campus Safety, and Sexual Assault Prevention. The guide includes:
 - Talking points for campus leaders to engage students in discussion about these topics
 - Reproducible student handouts packed with key safety tips and essential information on each topic
- Two customizable email templates for alerting both students and their families to the campus safety resources available through this nationwide initiative
- A customizable press release template to publicize your school's participation in the **Take Care of Each Other** safety initiative
- A downloadable poster to display in high-traffic areas
- A selection of digital assets to use in promoting this safety initiative



These materials were created for use by community stakeholders including campus police/safety/security offices, student housing offices, Dean of Student Affairs and student affairs offices, fraternity/sorority advisors, health services administrators, and facility managers at places where students go off campus.

Use this Campus Safety Toolkit to enhance existing campus safety trainings or as a stand-alone program coordinated by staff members who may be new to leading campus safety initiatives. The materials can be used in small or large group settings, and can also be shared via digital outreach efforts to students, parents, and community members.

Learn more and explore the entire toolkit at ymiclassroom.com/campus-safety.

Together, we share a collective goal that aims to help keep students safe and provide them with education and tools about safe travel on and off campus. Please take a moment to share your thoughts on the program at ymiclassroom.com/feedback-campus-safety.

Sincerely,



Made possible by
Uber



About Us



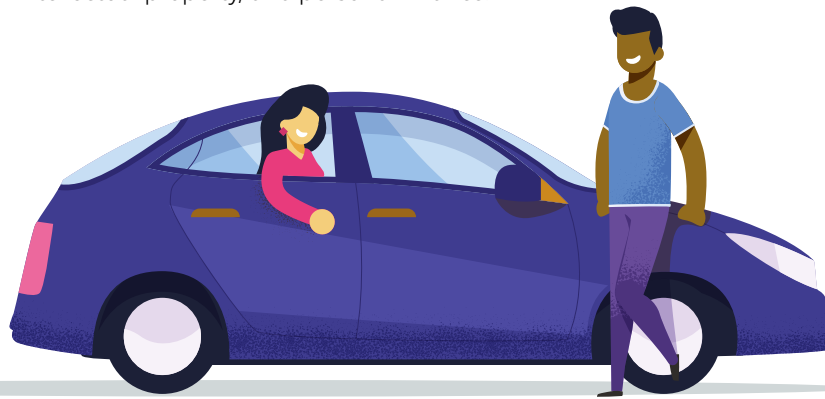
About National Crime Prevention Council (NCPC)

The National Crime Prevention Council is the nation's leader in crime prevention. NCPC is an independent, private, nonprofit organization [501(c)(3)] whose mission is to help people keep themselves, their families, and their communities safe from crime. Since 1980, NCPC's iconic mascot, McGruff the Crime Dog®, has delivered easy-to-use crime prevention tips that protect what matters most—you, your family, and your community. Civic engagement is at the heart of NCPC's mission. Because of its success in "moving the needle" and encouraging Americans to change behaviors, NCPC is widely respected in industry and government. NCPC has a national network of over 15,000 crime prevention professionals. NCPC's experts offer training on a wide variety of crime prevention topics, including campus crime prevention.



About YMI

YMI is the leader in developing sponsored educational content for use in schools and community settings, with more than 40 years of experience in helping organizations reach students and their families at all grade levels through customized in-school programs distributed free to teachers. Over the years, the YMI team has created more than 3,000 educational outreach programs for more than 900 corporations, associations, non-profits, and government agencies, including college/university programs on American history, media studies, law enforcement, intellectual property, and personal finance.



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Uber's Back to Campus Education Campaign

Uber wants to do its part in helping make every ride safe and give families peace of mind when students are traveling on and off campus. The company is working with key campus safety organizations to provide safety-focused materials to be distributed to campus safety leaders at colleges and universities across the U.S. and Canada. By working hand in hand with experts, Uber looks to provide campus safety advocates with resources to help increase awareness, facilitate discussions with students, and distribute educational materials throughout the school year. Besides the program with NCPC and YMI, Uber is working with the International Association of Campus Law Enforcement Administrators (IACLEA) and No More on safety initiatives.

In addition to ongoing safety awareness and education, Uber is also partnering with safety leaders at colleges and universities to provide monetary support for their campus safe ride programs. Through the Campus Safety Fund, Uber is working with individual schools to help support their transportation services for students at hours when other options are either limited or unavailable. To learn more about the program and how it might enhance your school's transportation offerings, go to t.uber.com/U4BUniversity.

How to Use the Take Care of Each Other Campus Safety Toolkit

This toolkit was developed for use with undergraduate and graduate students by campus personnel and stakeholders who work with students and strive to keep them safe. The toolkit includes:

- An easy-to-use downloadable safety guide with four reproducible student handouts highlighting important safety tips and resources
- Two customizable email templates, one for students and one for their families
- A customizable press release template
- A downloadable poster to display in high-traffic areas
- A selection of digital assets to use in promoting the initiative

Using This Safety Guide

Raise the topic of safety with students using the facts and talking points in this guide, which focus on four topics that may be presented in any order:

- Ridesharing Safety
- Off-Campus Safety (includes streetwise habits and responsible alcohol use information)
- On-Campus Safety (includes dorm security and mental health information)
- Sexual Assault Prevention (with engaged bystander information)

For Law Enforcement and Security, Dean of Students, Faculty, Student Housing Leaders, Fraternity and Sorority Advisors:

- Coordinate presentations and discussions with students using the talking points in this guide. This might be at orientation, at group meetings, during class, during a scheduled event, etc. Distribute copies of the handouts during the discussions.
- Cover the topics in one meeting or four short meetings.
- Train student leaders to help present the information, such as sorority and fraternity presidents and residential advisors.
- Invite local community members to help inform them of the safety messages you're communicating and to encourage them to reinforce the messages and communicate with you about any concerns they have.

For Health Services, Library, and Campus Bookstore Administrators, and Off-campus Community Members:

- Make copies of the handouts available in your resource areas for students.

Using the Email Templates

Reinforce the safety messages in this guide by putting them in your students' inboxes. Coordinate with your campus communications team to customize and distribute the student email template with links to the handouts to all students and faculty on campus.

Keep students' families informed about your safety efforts. Customize the family email template and ask the communications team to distribute it to parents to raise awareness about the school's participation in the **Take Care of Each Other** Campus Safety initiative. This email also includes links to the student handouts in this guide.

Using the Poster

Download the poster and display it in high-traffic areas, such as libraries, dorms, student lounges, cafeterias, snack bars, or classroom hallways.

Grow Your Impact

Share these materials with the broader community to increase safety for everyone.



Discussion Guide

Ridesharing Safety



Overview

More and more people are using ridesharing services each year. This is especially true for university- and college-age adults. According to a Pew Research Center survey conducted in the fall of 2018, roughly half (51%) of U.S. adults between the ages of 18 and 29 say they have used a ridesharing service like Uber.¹ As this mode of transportation becomes more common, it's important for safety advocates to educate students and community members on how to be safe when using rideshare and encourage them to practice safe behaviors.

Discuss

Begin with a show-of-hands question: *Who has ever used a rideshare app?* If some students are unfamiliar with this type of app, explain that rideshare apps like Uber connect riders with drivers for easy car service. Next, invite students to share a few words about a recent experience. Ask:

- *Why did you choose ridesharing?*
- *When are good times to choose ridesharing?*

- *What strategies do you use to be safe when using a ridesharing app?*

Remind students that regardless of whether they use ridesharing frequently or take occasional trips, it's important that they practice safe behaviors every time they ride, including always checking the license plate, make, and model of the vehicle, and the driver's identity before getting into a car.

Handout

Distribute copies of the *Ridesharing Safety Tips* handout and review the best practices listed on it with the group. Show the "Check Your Ride" video (URL below), review the Uber Community Guidelines (URL below), and allow students time to explore the safety features of different rideshare apps. Ask students:

- *What do you think of these tips?*
- *Do you always follow them?*
- *What could you do to be safer?*
- *How can friends help keep each other safe in ridesharing situations?*

Wrap-Up

Share with students that community safety begins with personal safety, but grows with participation from as many members of the community as possible. It's important that we all take care of each other. Invite students to suggest ideas for how they will share ridesharing safety tips with others. Possible ideas could include posting copies of the student handout on community boards around campus; highlighting ridesharing safety tips via their social media feeds; and pledging to make sure all their friends know the basics of ridesharing safety.

Share Out

Share this part of the toolkit with community members who play an important role in helping students stay safe on and off campus such as campus police/safety/security offices, student housing offices, student affairs offices, fraternity/sorority advisors, and health services administrators. Expand your outreach to include club and restaurant owners, apartment managers, mall managers, theater managers, and others at places where students frequently request a ride.

Key Facts¹

36% U.S. adults that say they have used a ridesharing service like Uber.

51% Adults ages 18-29 that say they have used a ridesharing service like Uber in the U.S.

DESPITE THE RARITY OF UNSAFE RIDES, ALL RIDESHARE RIDERS SHOULD LEARN HOW TO AVOID UNSAFE SITUATIONS BY USING THE SAFETY TOOLS BUILT INTO MANY RIDESHARING APPS.

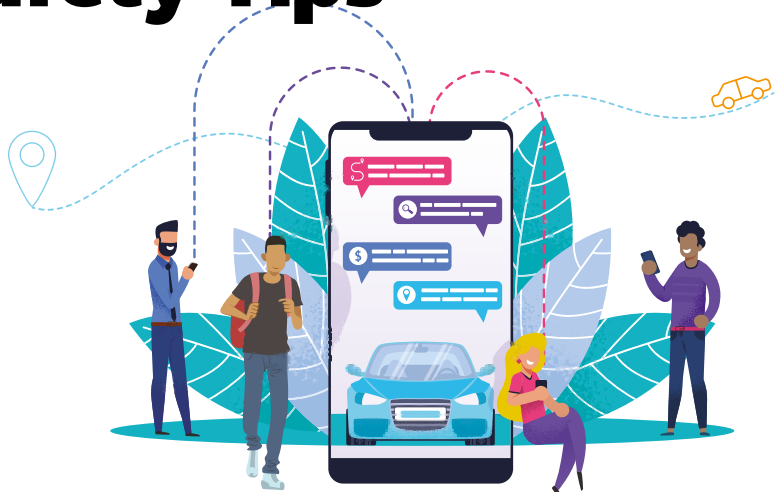
Uber Resources

- Community Guidelines: uber.com/safety/uber-community-guidelines
- Check Your Ride: uber.com/newsroom/checkyourride
- Check Your Ride Video: bit.ly/check-your-ride-uber
- Law Enforcement Support (24/7): lert.uber.com

¹ Pew Research Center, pewresearch.org/fact-tank/2019/01/04/more-americans-are-using-ride-hailing-apps/

Ridesharing Safety Tips

THERE ARE IMPORTANT ACTIONS THAT YOU CAN TAKE TO HELP YOU STAY SAFE WHILE RIDESHARING. CHECK OUT THE TIPS BELOW. WHAT CAN YOU DO TO BE A SAFER RIDER?



- 1. Plan ahead.** Before you request a ride, think about where you're headed and review the safety features in the app so you know how to use them.
- 2. Request your ride inside.** Avoid spending unnecessary time outside alone with your phone in your hand. Instead, wait indoors until the app shows your driver has arrived.
- 3. Check your ride.** Before you get in the car, check that the driver, car, and license plate all match what's listed in the app. Uber rides can only be requested through the app, so never get in a car with a driver who claims to be with Uber and offers a ride.
- 4. Be a backseat rider.** If you're riding alone, sit in the backseat. This ensures you can safely exit on either side of the vehicle to avoid moving traffic, and it gives you and your driver some personal space.
- 5. Buckle up.** The Centers for Disease Control and Prevention (CDC) report that seatbelt use is the most effective way to save lives and reduce injuries related to car accidents.
- 6. Share your trip details with a friend.** While en route, tap "Share status" in the Uber app to share information about your driver, car, and location with a friend or family member, regardless of whether they have an Uber account. They can track your trip in real time and verify you've arrived safely.
- 7. Protect your personal information.** There's no need to share your phone number or other contact information with your driver. If a rider and driver need to contact each other, the Uber app automatically anonymizes both phone numbers to protect everyone's privacy.
- 8. Follow your intuition.** Trust your instincts and use your best judgment when riding. And if you ever feel you're in an emergency situation, call 911 immediately.
- 9. Be kind and respectful.** Please respect your driver and his or her car.
- 10. Give feedback on your trip.** Your feedback helps improve the ridesharing experience for everyone. Uber's 24/7 global support team reviews feedback and will follow up with appropriate action on any reports of conduct that violate its community guidelines.

Take Care of Each Other

How can you look after your friends (and vice versa) when it comes to ridesharing? Here are a few simple tips:

- Ride with a friend.
- Use the app to share your trip tracking details with a friend.
- Tell a friend where you're going and what time you expect to be there.
- Ask your friend for their ride details.



HELP GROW A SAFER COMMUNITY! SHARE THESE SAFETY TIPS WITH FRIENDS AND FAMILY.

Discussion Guide

Off-Campus Safety

Overview

Student life doesn't happen only on campus, so any discussion of safety must invite students to consider their personal safety and the safety of others as they travel to destinations off campus. Being streetwise is essential for pedestrians, cyclists, rideshare riders, mass transit users, and drivers. Once students arrive at their destinations, they should be equipped to make good decisions regarding common college and university activities, such as drinking. When students take care of each other both off campus and on campus, the whole community benefits.

Prepare

Before you photocopy the student handout, add phone numbers, addresses, and/or URLs for essential local services including the campus security number, police non-emergency number, city information line, and any other relevant off-campus services available to students.

Discuss

Invite students to share strategies they use to stay safe when out and about. Encourage students to consider different scenarios such as walking at

night, going out to a bar, riding mass transit, navigating crowds, or riding a bike on city streets. Record responses on the board. Emphasize that traveling with a friend and sharing your plans with someone before you go are important ways to increase personal safety.

Use a crime-tracking tool like CrimeReports.com to examine local crime trends. Share with students that understanding crime patterns can help them stay safe in a new area. Review the map, add additional insights on local crime patterns, and reinforce how being informed and alert can help reduce their risk of becoming a victim.

Share the key facts about drinking provided below. Remind students that alcohol can make almost any situation dangerous, so it's important to be smart about drinking and to look out for friends if they choose to drink. Keep in mind that, by law, you need to be 21 to drink in the U.S., and 18 or 19 in Canada, depending on location. Invite students to discuss these questions:

- *At what kind of occasions do you think drinking will come up?*
- *What could you say if someone offers you a drink, but you don't feel like drinking?*



- *What are some strategies for exiting a situation if it becomes uncomfortable? How could you and a friend work together to help each other?*

Handout

Distribute copies of the *Play It Safe Off Campus* handout and give students time to review it. Highlight the local resources listed on the sheet and encourage students to add this information to their phones.

Wrap-Up

Ask students to share any questions they have about off-campus safety. Reinforce the message that communities become safer when more people are paying attention, making safe choices, and looking out for each other. As a group, brainstorm ways to share this important information with others in the community.

Share Out

Share this part of the toolkit with community members who play an important role in helping students stay safe off campus such as club and restaurant owners, apartment managers, mall managers, theater managers, and others at places where students go off campus.

Resources

Crime Reports: crimereports.com

College Drinking Statistics and Resources: collegedrinkingprevention.gov

NCPC Streetwise Tips: ncpc.org/wp-content/uploads/2017/11/streetwise.pdf

Key Facts¹

57% of full-time college/university students ages 18 to 22 surveyed in 2016 drank alcohol in the past month and...

38% ...engaged in binge drinking (5 or more drinks on a single occasion for men and 4 or more drinks for women).

Each year, drinking by college/university students ages 18 to 24 is involved in an estimated:

1,519 student deaths

696,000 assaults

97,000 cases of sexual assault

¹ National Institute on Alcohol Abuse and Alcoholism, niaaa.nih.gov/publications/brochures-and-fact-sheets/time-for-parents-discuss-risks-college-drinking. Some percentages have been rounded.

Play It Safe Off Campus

THERE ARE IMPORTANT ACTIONS THAT YOU CAN TAKE TO HELP YOU STAY SAFE WHEN YOU'RE OFF CAMPUS. CHECK OUT THE TIPS BELOW. WHAT CAN YOU DO TO BE SAFER?

Be Streetwise

- Go with a friend whenever possible and let someone know where you are going and when you plan to be back.
- Stay alert to your surroundings and stick to well-lit, well-travelled streets.
- Use a mapping app to familiarize yourself with the area before you go.
- Keep your backpack or purse close to your body and keep it closed.
- Have your car key or house key in hand before you reach the door.
- If you think someone is following you, switch directions or cross the street. If they're still there, move quickly toward an open store, restaurant, or lit home.

When Drinking Occurs

- Make a plan for getting home before you head out.
- Go out with a friend or group and always leave together.
- Offer to be the designated sober member of the group to keep an eye on your friends, ensure they

don't leave with someone they don't know, and make it home safely at the end of the night.

- Decide how many drinks you'll have or set a spending limit for yourself before you start drinking.
- Prepare a way to say "no" when offered alcohol if you're not interested in drinking.
- Do not leave your drink unattended and never accept drinks from someone you don't know.
- Avoid drinking games and shots of liquor.
- Alternate alcoholic and non-alcoholic drinks.
- Space out your drinks over the course of an evening.
- Eat food while you drink to help slow down the absorption of alcohol by your body.
- Don't buy alcohol for anyone who is underage or give them alcohol; this can have legal ramifications.

Take Care of Each Other

How can you and your friends take care of each other when you're off campus? Think of additional tips and write them on the back of this sheet.

Numbers to Know

Emergency: **911**

Campus Security: _____

Police (Non-Emergency): _____

City Information: _____

Off-Campus Student Support: _____

Student Legal Services: _____

Confidential Sexual Assault Hotline: _____

Facts About College/University Drinking¹

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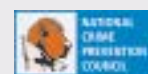
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¹ National Institute on Alcohol Abuse and Alcoholism, niaaa.nih.gov/publications/brochures-and-fact-sheets/time-for-parents-discuss-risks-college-drinking. Some percentages have been rounded.

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Uber



On-Campus Safety

Overview

A college or university campus is a dynamic and exciting community. For most students, this is their first experience being away from home, living in a dorm, and navigating shared spaces and communal living. Fortunately, when students cultivate friendships, learn to take care of each other, develop safe habits, and connect with campus resources, life on campus can be fun and safe.

Prepare

Before you photocopy the student handout, add phone numbers, addresses, and/or URLs for essential campus safety and security resources like campus security, campus escort services, wellness center, student crisis line, etc.

Discuss

Begin with a show-of-hands question to gauge students' experience with living on a campus. Ask: *Who has lived on a campus before?* If this is a new experience for many students, share that college and university campuses are dynamic and exciting places to live, but also present some new challenges that will require students to develop new life skills, cultivate new friendships, and learn new safety habits. Have students introduce themselves to the group and briefly discuss their thoughts about living on a campus. Ask: *What excites you about living on campus? What worries do you have? How has it gone so far?* Invite several students to share their responses.

Share the campus crime statistics provided on the next page and review campus safety and security-related data for your school using the U.S. Department of Education Campus Safety and Security-Related Data website (URL on page 9). Identify the types of crimes that are most common on your campus. For most schools, dorm room theft is the most significant threat, so invite students to share strategies for minimizing their risk. Record answers on the board. Encourage students to consider how building a strong sense of community in their dorm might increase safety. Ask: *What are ways you can look out for each other?*

Next, have students consider how they will keep themselves and their belongings safe as they move around campus. Ask: *How can you support each other in staying safe as you move about campus?*

Review on-campus resources for student safety such as the locations of blue lights, security desk stations, campus incident alert systems, and campus escort services. Encourage students to take advantage of these resources and always contact campus security if they feel unsafe, need assistance, or have been the victim of a crime.

Share with students that mental and physical health are also important aspects of maintaining a safe campus community. As a group, review the findings of the American College Health Association regarding undergrad mental health (URL on page 9). Highlight that, unfortunately, many students report experiencing feelings of anxiety, hopelessness, and depression. If not addressed, these feelings can worsen and even lead to self-harm and suicide. Ask: *How can you look out for each other and help reduce stress?*



Handout

Distribute copies of the *Play It Safe On Campus* handout and review the symptoms of depression listed on it. Next, invite students to discuss ways to respond when they notice signs of depression in themselves or someone else. Ask: *How can you take care of your own mental health and also support each other?* Share campus resources for mental and physical health.

Allow students time to review the entire handout and add any notes from the group discussions. Encourage students to take a moment to add important campus numbers to their phones.

Wrap-Up

Remind students that campus safety is everyone's responsibility and it starts with speaking up if we notice something that's unsafe or suspicious. Invite students to brainstorm ways to build community connections and share important safety tips with other students on campus. Possible ideas could include organizing a community picnic and distributing safety flyers to all who attend; knocking on your dorm neighbor's door to introduce yourself; and posting copies of the safety flyer in dorm hallways and other community spaces.

Share Out

Share this part of the toolkit with community members who play an important role in helping students create a caring culture on campus such as dorm managers, residential advisors, mental health counselors, campus religious leaders, health services administrators, and others positioned to mediate student relationships.

Resources

- Infographics and Fact Sheets on Mental Health Topics: nami.org/Learn-More/Fact-Sheet-Library
- U.S. Department of Education Campus Safety and Security-Related Data: ope.ed.gov/campussafety/#
- American College Health Association: acha.org/NCHA/ACHA-NCHA_Data/Publications_and_Reports/NCHA/Data/Reports_ACHA-NCHAllc.aspx
- Canadian Mental Health Association: cmha.ca/document-category/mental-health
- Be There: bethere.org
- Staying Safe on Campus tips from Rape, Abuse & Incest National Network (RAINN): rainn.org/articles/staying-safe-campus



Key Facts —

on Campus Crime

42% of reported campus crimes in 2016 were burglaries (12,000 incidents)...

31% ...were reported incidents of sexual assault (8,900 incidents)...

12% ...were motor vehicle thefts (3,500 incidents).¹

on Student Mental Health

55% of students surveyed in 2018 reported feeling that things were hopeless...

43% ...reported feeling so depressed that it was difficult to function...

13% ...seriously considered suicide during the past 12 months.²

¹ National Center for Education Statistics, nces.ed.gov/fastfacts/display.asp?id=804

² American College Health Association, acha.org/documents/ncha/NCHA-II_Fall_2018_Undergraduate_Reference_Group_Executive_Summary.pdf
Some percentages have been rounded.

Play It Safe On Campus

WE CAN ALL PLAY A ROLE IN LOOKING OUT FOR EACH OTHER'S SAFETY AND CREATING A SAFER CAMPUS COMMUNITY. CHECK OUT THE TIPS BELOW. WHAT STEPS CAN YOU TAKE TO STAY SAFE ON CAMPUS?

Dorm Safety Checklist

- Keep your door locked, secure windows, and keep valuables in a locked drawer or safe.
- Memorize the location of emergency exits and practice your fire evacuation route.
- Program campus emergency numbers into your phone.
- Don't post personal information like your class schedule and dorm room number on social media.
- Understand your dorm's guest policy and security procedures.
- Do not open the door for strangers and alert staff to any suspicious activity.
- Make friends and build a community in your dorm; look out for each other.

Take Care of Each Other

How can you and your friends take care of each other? One tip: Talk. Talk about safety, how you're feeling, and how you're coping with stress.



Get There Safely!

- Stick together—whether walking, running, or riding somewhere, find a friend and head out together.
- Always use well-lit and well-traveled pathways; stay alert and keep distractions to a minimum.
- Let someone know where you are going and when you intend to come back.
- Use campus security personnel and shuttles.
- If riding a bike on campus, wear a helmet and obey all signage; alert pedestrians when passing them; and always lock up your bike.
- Sign up for campus alert texts to stay apprised of lockdown incidents on campus.
- When using rideshare apps, always remember to check the license plate, make, and model of the car, and the driver's identity before getting in the vehicle.

Mental Health Matters

- Get enough sleep. According to the Centers for Disease Control and Prevention (CDC), adults ages 18 to 60 years old need to be getting seven or more hours of sleep every night.¹
- Know the symptoms of depression, which can include: changes in sleep, changes in appetite, lack of concentration, lack of interest, loss of energy, and hopelessness.² If you think you might be depressed, speak to your advisor and health services.

Resources

U.S.

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text HOME to 741741 to text with a trained Crisis Responder about any type of crisis, anytime.
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)

Canada

- Crisis Services Canada: 1-833-456-4566
- Crisis Text Line: Text HOME to 686868 to text with a trained Crisis Responder about any type of crisis, anytime.

Campus Safety Resources

IF YOU NOTICE SOMETHING UNSAFE OR SUSPICIOUS, BE SURE TO REPORT IT. CAMPUS SAFETY IS EVERYONE'S RESPONSIBILITY.

¹ Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015;38(6):843-844. Available at <http://jcsnm.aasm.org/ViewAbstract.aspx?pid=30048>.

² National Alliance on Mental Illness. [nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Depression-FS.pdf](http://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Depression-FS.pdf)



Sexual Assault Prevention

Overview

One in five women and one in sixteen men experience sexual assault while in college/university. Sexual assault continues to be a very serious issue across every campus. In order to address this issue, we all need to be part of the solution.

The first step is understanding what sexual assault is, and then learning prevention techniques, as well as learning strategies for being an engaged bystander to interrupt situations before something happens, and knowing how to support someone who's experienced sexual assault. Working together, we can create a culture of respect and mutual support.

Reminder: Sexual assault can be a difficult topic for survivors to discuss. It is essential that discussion leaders are sensitive to the needs of students who have been affected by these types of crimes and allow them to participate in ways that feel comfortable to them. Consider notifying students beforehand that the discussion will include sensitive subjects such as sexual assault and providing resources if they need additional support.

Prepare

Before you photocopy the student handout, add phone numbers, addresses, and/or URLs for campus offices and services that relate to the prevention of, and response to, sexual assault to the Campus Resources section. If you plan

to do the role-play activity, be sure that your presentation team includes counselors who can address any concerns or reactions students may have, as role playing may bring up emotional responses.

Discuss

Begin by sharing the statistics in the Key Facts section below. Tell students that because sexual assault and consent impact so many people in our community, it's important to understand these terms, learn to recognize the warning signs, and learn how to best support survivors. Working together, we can create a safer community for everyone. Ask students to define *sexual assault* and *consent*, and what types of behaviors qualify for each. Share the definitions from NoMore.org provided on page 12. Then ask:

- How did the NoMore.org definitions compare to those shared by the group?
- What are situations that might make sexual assault more likely?
- How might you protect yourselves during these situations?
- What are examples of consent?
- What are examples of something that might seem like consent, but isn't?
- What are some ways you could help if you see a situation in which someone cannot consent?

Key Facts

1 in 5 women experience sexual assault while in college/university.¹

1 in 16 men are sexually assaulted while in college/university.²



90%

of assault victims on campuses do not report the assault to police.³

72%

of rapes (or more) go unreported to any official organization or agency (e.g., law enforcement or university officials).⁴



¹ Association of American Universities, aau.edu/sites/default/files/%40%20Files/Climate%20Survey/Executive%20Summary%2012-14-15.pdf and Canadian Federation of Students-Ontario, cfsontario.ca/wp-content/uploads/2017/07/Factsheet-SexualAssault.pdf

² National Institute of Justice, www.ncjrs.gov/pdffiles1/nij/grants/221153.pdf

³ National Sexual Violence Resource Center, nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_campus-sexual-assault.pdf

⁴ Association of American Universities, aau.edu/sites/default/files/%40%20Files/Climate%20Survey/Executive%20Summary%2012-14-15.pdf

Handout

Distribute copies of the *Sexual Assault Prevention* handout and allow students time to review the strategies for interrupting a situation that might lead to sexual assault in the “Stand Up, Don’t Stand By” section of the sheet. Go more in depth on each tip at nomore.org/learn/while-its-occurring. Show the Uber and NO MORE video “How to Prevent Sexual Assault and Create a Safer Community” (URL below).

Next, invite students to role play some real-life bystander scenarios presented by NO MORE (URL below). As a reminder, be sure to have colleagues available to help students who may have emotional responses. Challenge students to think of exactly what they would say or do to handle the situation. Once students have had time to consider their response, reveal the suggested course of action. Invite students to consider how multiple strategies might be effective and how their own personality, skill set, and comfort level will determine how they respond to a given situation.

Wrap-Up

Review the community resources available both on campus and nationally. Speak about your campus’ specific approach to sexual assault prevention. Highlight additional

opportunities for students to get involved with sexual assault prevention student groups, volunteer with local rape crisis centers, or engage in awareness campaigns. Invite students to share how they will use the skills they’ve learned to care for their friends and community members.

Share Out

Share this part of the toolkit with community members who can play an important role in helping students create a caring culture on campus such as dorm managers, mental health counselors, campus religious leaders, and health services administrators. Also share with those who can play a role in helping students stay safe off campus, such as club and restaurant owners, and apartment managers.

Resources

- Uber and NO MORE: How to Prevent Sexual Assault and Create a Safer Community [video]: nomore.org/campaigns/driving-change-with-uber
- NO MORE Real-Life Bystander Scenarios: nomore.org/learn/bystander-scenarios
- Rape, Abuse & Incest National Network: [Rainn.org](https://www.rainn.org)
- Don’t Stand By Bystander Intervention Campaign: dontstandby.org

Key Definitions

Sexual Assault — Forced or coerced sexual contact without consent – the presence of a clear *yes*, not the absence of a *no*. Sexual assault is a crime motivated by a need to control, humiliate, dominate, and harm. It can take the form of rape, incest, oral sex, child sexual abuse/molestation, exposing/flashing, harassment, fondling or unwanted sexual touching above and under clothing, forcing a person to pose for sexual photos. Examples of force may include displaying a weapon, physical battering, and immobilization of the victim.¹

Consent — Consent is a voluntary, enthusiastic, and clear agreement between the participants to engage in specific sexual activity. If clear, voluntary, coherent, and ongoing consent is not given by all participants, it’s sexual assault. There is no room for ambiguity or assumptions when it comes to consent, and the rules don’t change for people who have engaged in sexual activity before.²



¹ NO MORE, nomore.org/learn/resources/#KnowMore

² NO MORE, nomore.org/learn/understanding-consent

Reproducible Student Handout

Sexual Assault Prevention

Think About Safety

- **Call authorities when in danger.** If you or someone you know needs immediate help, call 911.
- **Trust your instincts.** If something doesn't feel right, it probably isn't.
- **Stay alert.** Be aware of your surroundings and limit distractions like phone use and headphones.
- **Check on others.** If you see someone who looks like they're uncomfortable or intoxicated, check in with them directly. Ask if they need anything or help them find their own friends so they can go home safely together.
- **Don't go alone.** Go with a friend or group of friends: watch out for each other; and always leave together as a group.
- **Keep personal details private.** Be careful about posting personal information online; consider disabling geolocation settings on your social media.
- **Meet in public.** Meet first dates and new friends in public places.
- **Have an exit plan.** Make a plan ahead of time for how you will handle uncomfortable or difficult situations; coordinate your plans with your friends.
- **Watch your drink.** Keep your eyes on your drink at all times; only drink from containers you open or drinks that you see being opened or made and poured; if you think you may have been drugged, get help immediately.

THE ONLY PERSON RESPONSIBLE FOR SEXUAL ASSAULT IS THE PERPETRATOR, BUT WE CAN ALL TAKE STEPS TO LOOK OUT FOR EACH OTHER'S SAFETY AND HELP PREVENT SEXUAL ASSAULT BEFORE IT STARTS. CHECK OUT THE TIPS BELOW. WHAT CAN YOU DO TO STAY SAFE ON CAMPUS?

Stand Up, Don't Stand By

We all play a role in preventing violence and looking out for each other's safety. Your own safety is key in deciding when and how to respond to sexual violence while it's occurring.

If the situation is already violent or looks like it's escalating quickly, don't intervene directly. Call 911.

If it's safe to intervene, these strategies can help defuse the situation:

- **Distract.** You can disrupt the situation by talking. Strike up a conversation about anything. Your goal is to prevent a situation from getting worse, or to buy enough time to check in with the potential survivor and ask them if they are okay.
- **Direct.** Check in with the person you're concerned about to make sure they're okay. Ask if they need help or someone to stay with them. You can also see if they'd like to grab a bite with you to help remove them from an uncomfortable situation.
- **Delegate.** Enlisting allies, like another friend, can defuse the situation much more smoothly than trying to go it alone. You can also look for someone else who might be in a better position to get involved—for example, tell the bouncer, find an RA, look for the person's friends, or call the authorities.



Made possible by
Uber

Supporting Survivors of Sexual Assault

Knowing what to say to someone who has experienced sexual assault can be overwhelming. Remember that you don't need to be an expert, you just need to be a friend.

- Listen without judgment.
- Let them know that you believe them.
- Remind them that what happened is not their fault.
- Ask what you can do to help.
- Support their decisions.
- Seek support if you are feeling overwhelmed.

Learn more at NoMore.org.

Take Care of Each Other

How can you and your friends take care of each other? Talk about all the tips above and remind each other that you're there to talk to one another.



Hotlines

These national hotlines offer free, confidential services to anyone who has been affected by sexual assault, including a survivor's friends and family.

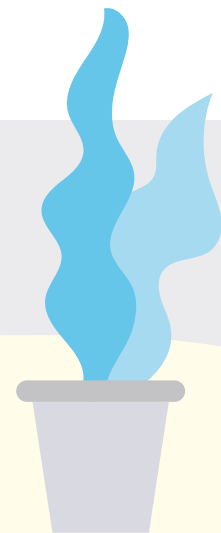
U.S.

- Crisis Text Line: Text HOME to 741741 to text with a trained Crisis Responder about any type of crisis.
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- National Helpline for Male Survivors of Sexual Abuse or Assault: tin6.org/helpline/

Canada

- Crisis Text Line: Text HOME to 686868 to text with a trained Crisis Responder about any type of crisis.
- Québec Sexual Assault Helpline: 1-888-933-9007
- Ontario Coalition of Rape Crisis Centres (OCRCC): sexualassaultsupport.ca/support
- Association of Alberta Sexual Assault Services: aasas.ca/get-help
- Sexual Assault Services of Saskatchewan: sassk.ca/finding-support
- Find your YWCA: ywcacanada.ca/find-your-ywca

Campus Resources



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